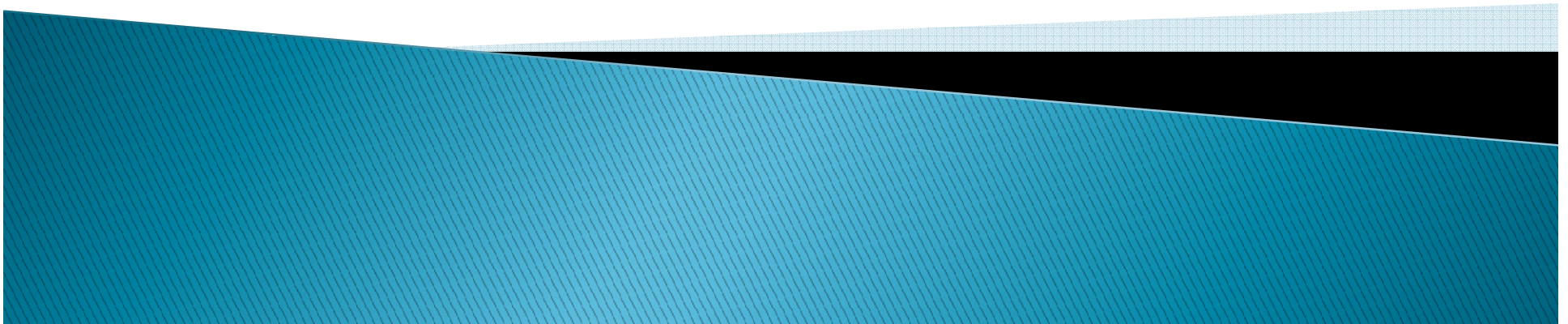




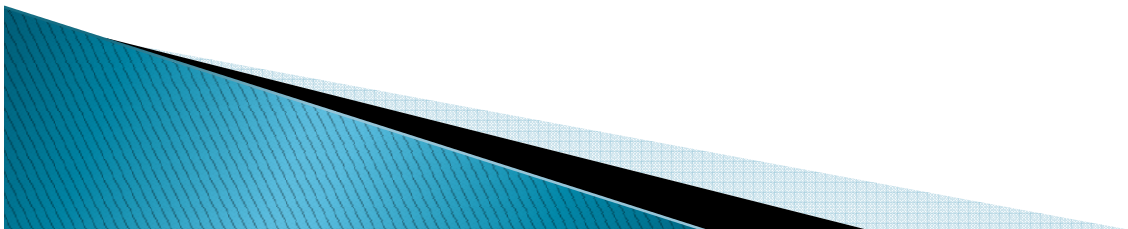
3rd Annual Splash 2 Dash Youth Triathlon

Saturday, June 26, 2010



What is a Triathlon?

- ▶ A triathlon is an event that combines 3 different sports:
 - Swim
 - Bike
 - Run

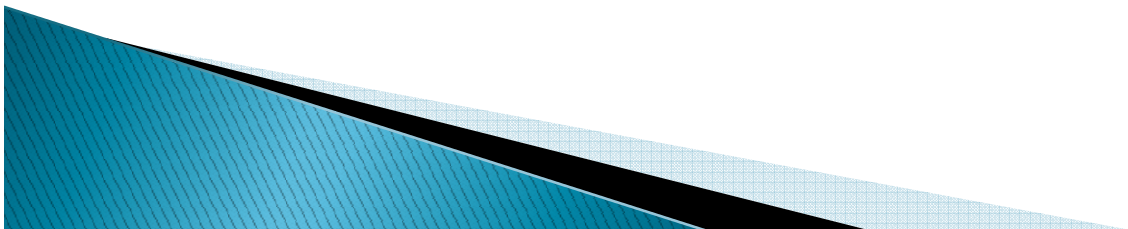


Divisions & Distances

Division	Swim	Bike	Run
5–6 Year Olds	25 Yards	1.25 Miles	$\frac{1}{4}$ Mile
7–8 Year Olds	50 Yards	2.5 Miles	$\frac{1}{2}$ Mile
9–10 Year Olds	100 Yards	3.75 Miles	$\frac{3}{4}$ Mile
11–12 Year Olds	150 Yards	5 Miles	1 Mile

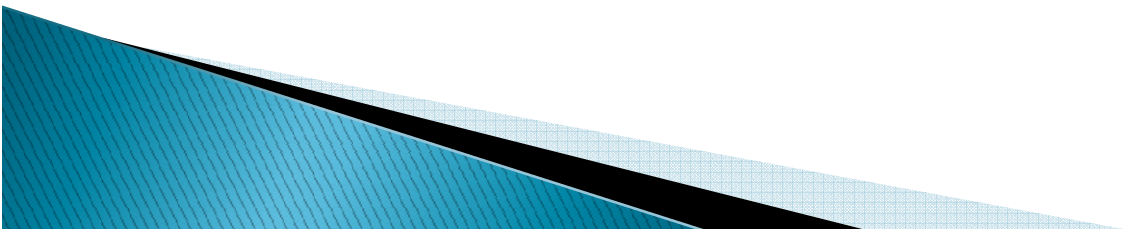
Goals of the Race

- ▶ Have FUN
- ▶ Be safe
- ▶ Build Confidence
- ▶ Build Self-Esteem
- ▶ Give youth an opportunity to do something they might not normally participate in



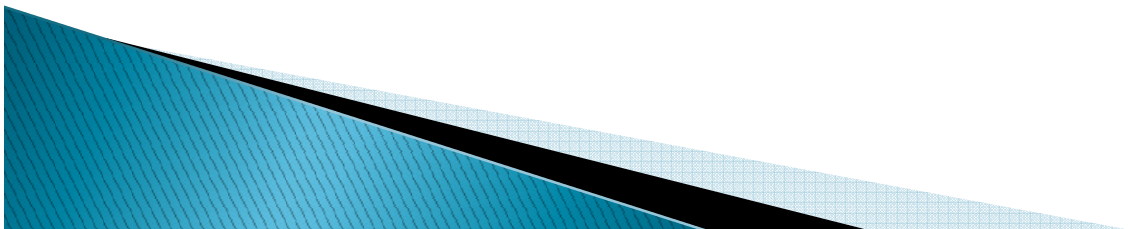
Start of the Race

Due to the number of participants and for safety we break the event down into several different 'waves.' Each wave will have a specific start time which will be posted closer to the race on the website. For safety reasons we start with the older divisions first and progressively work our way down. It is important that your child start with the division they are assigned.



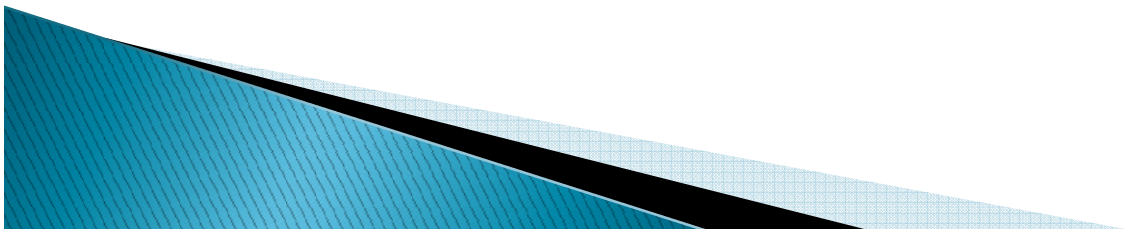
Race Components

- ▶ Swim first
- ▶ Bike second
- ▶ Run third



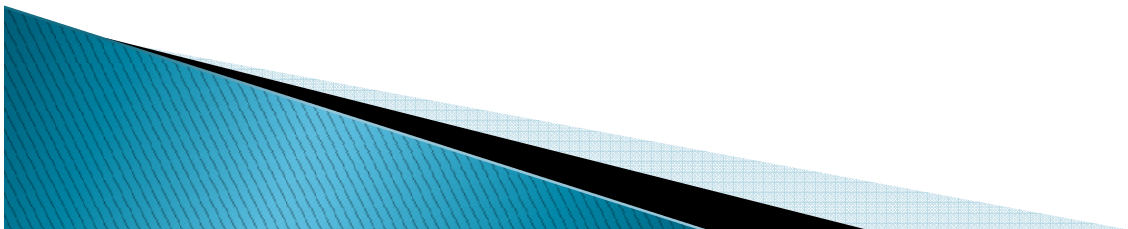
Swim Course

- ▶ Participants will start the race in the pool. Be sure to be around the pool area at least 15 minutes prior to your wave start time. We will be making announcements as to where your wave should meet.
- ▶ Lifeguards will be on duty throughout the entire race
- ▶ Kickboards and lifejackets will be available for use



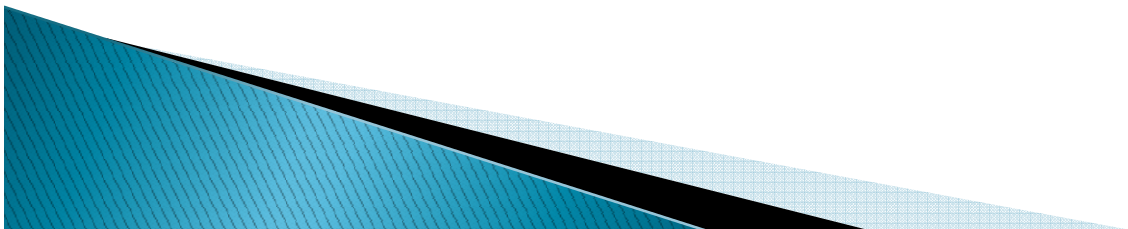
Swim Course

- ▶ Each division has a set amount of laps to swim:
 - 11–12 year olds = 6 laps
 - 9–10 year olds = 4 laps
 - 7–8 year olds = 2 laps
 - 5–6 year olds = 1 lap(one lap = one length of the pool)
- ▶ Once you finish the swim portion you will exit the pool and **WALK** to the transition area.



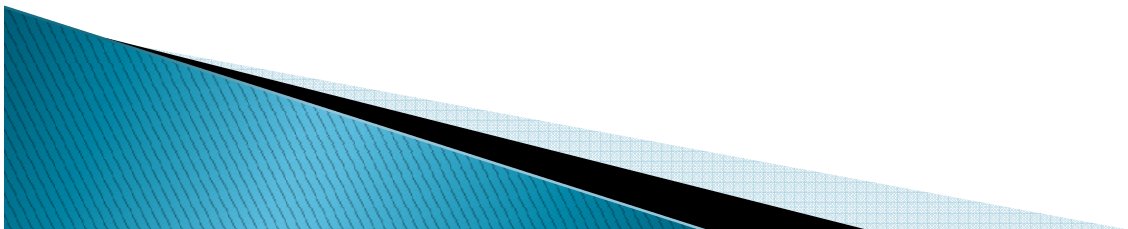
Transition Area

- ▶ The Transition Area (TA) is where the participants will place their bike, helmet, shoes, clothes, etc all in one general area.
- ▶ Participants will want to set up their gear prior to the race starting so please plan on arriving early.
- ▶ Once the race starts no parents will be allowed in the TA except for 1 parent to help the 5–6 year old division. We will have volunteers staged in the TA to help participants if needed.



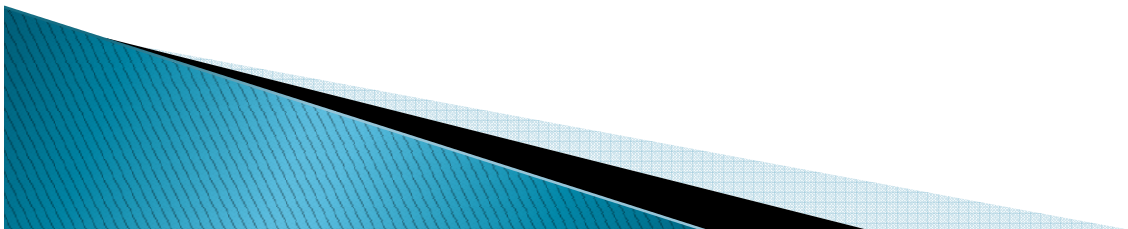
Transition Area

- ▶ Once participants gather their gear they will need to walk their bike to the bike exit. Volunteers will tell participants when they can get on their bike and start riding.



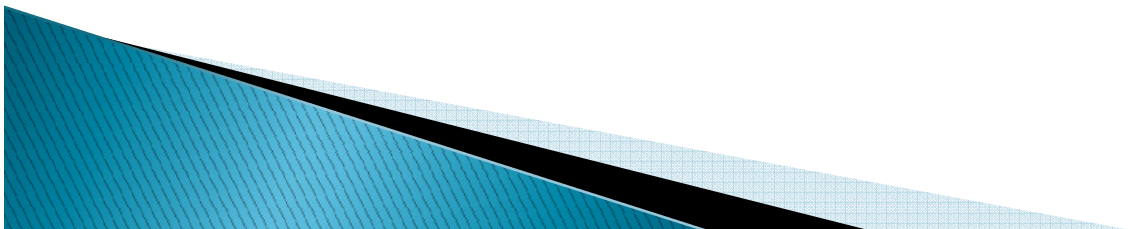
Bike Course

- ▶ The bike course begins as participants exit the TA area and continues to the overflow parking lot with a dirt/pebble path. The course will continue on to the Outdoor Sports Center parking lot. Once in the OSC parking lot participants will need to complete a certain number of laps according to their age division:
 - 11-12 = 9 laps
 - 9-10 = 7 laps
 - 7-8 = 5 laps
 - 5-6 = 1 lap
- ▶ Volunteers will help to track participants laps but participants should also try and track their own



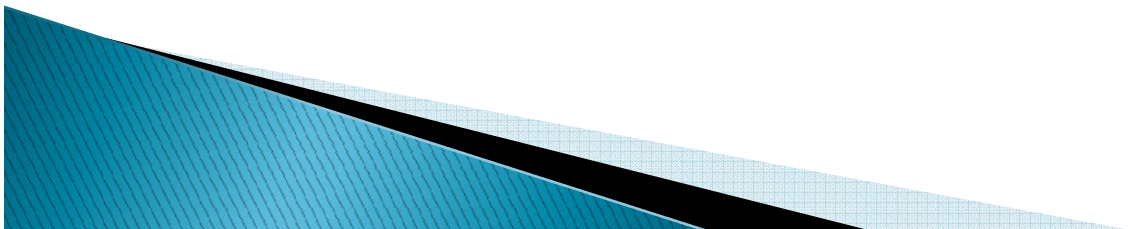
Bike Course

- ▶ Once participants complete their laps they will head back to the overflow parking lot and retrace their steps back to the TA area.
- ▶ As participants near the TA area they will be asked to get off their bike and walk it back into the TA area where they will drop their bike and helmet where their area is
- ▶ Once they have dropped their bike they will head out the run exit of the TA



Run Course

- ▶ The run course will follow the same route as the bike. The course will have a separate running and biking lane. Each age division will have a certain turn around spot which will be clearly marked with volunteers.
- ▶ The race will finish in the Aquatics Center Parking lot (look for finish arch way)
- ▶ Once participants finish they will be awarded a medal



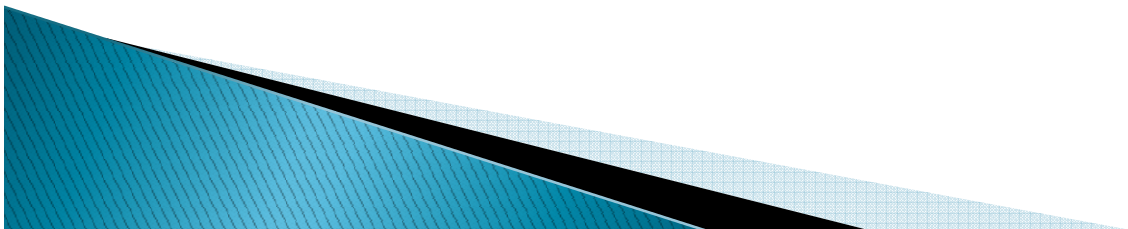
Day Of

▶ Parking

- Parking will be available in the Overflow parking lot between the Aquatics Center (AC) and the Outdoor Sports Center.

▶ Check In

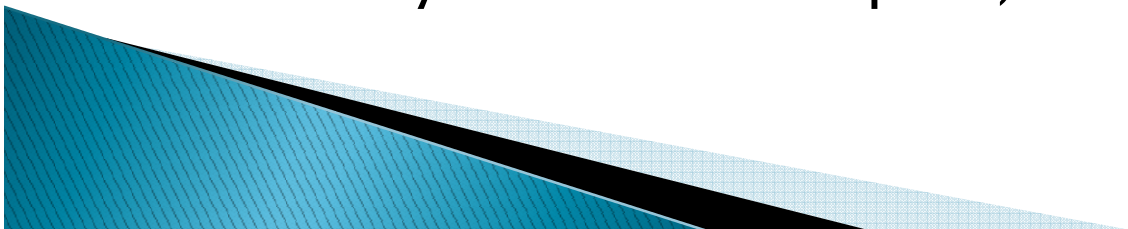
- Once you arrive please proceed through the AC parking lot to the competition pool (South side of the AC) to the Registration/Check In Area
- At check in you will be given a goodie bag, tshirt, bib number as well as your wave assignment



Day Of

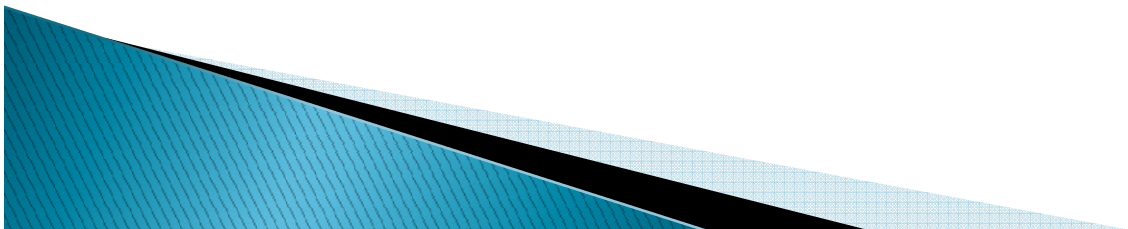
▶ TA Set Up

- Before the race begins you will want to set up your TA area
- Area will be sectioned off by division so be sure to look for your division marked with chalk on the ground
- Here you will want to have your bike, helmet, shoes, towel, clothes and anything else you might need on your bike/run
- Participants will need to have their bib number on for the bike & run so please be sure to pin it on your shirt before the race begins (please do not wear your bib in the pool)



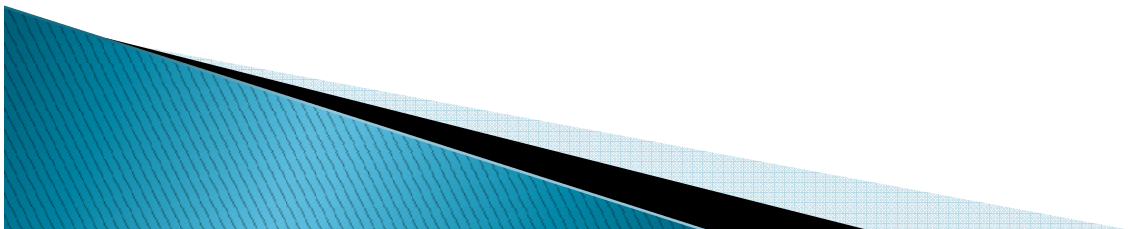
What to Bring

- ▶ Swimsuit
- ▶ Goggles/swim cap (optional)
- ▶ Bike
- ▶ Helmet (participants will not be allowed to bike without this)
- ▶ Water bottle
- ▶ Sunscreen
- ▶ Towel to dry off with after the swim
- ▶ Clothes to bike/run in
- ▶ Socks & shoes to bike/run in
- ▶ A good attitude!



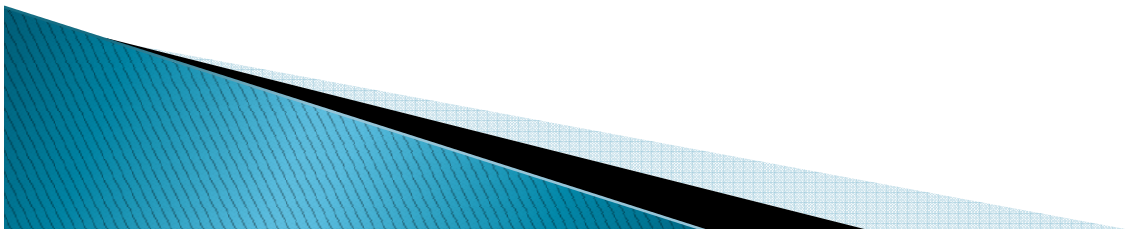
Spectators

We allow spectators throughout the course but please be mindful and respectful to participants and stay off the course directly. There will be plenty of spots on the sidelines throughout the course.



Questions?

For questions please email
Keri at
keri.russell@mhcrc.com



Updates

All updates and wave times will be posted on our website. Be sure to check it out a few days prior at

<http://www.morganhill.ca.gov/index.aspx?NI>
[D=781](#)

